

**9411 Whiskey Bottom Road
Laurel, MD 20723
410-313-7218**


July, 2016

Hours: Monday through Friday 9:30am - 1:30pm

Nancy Riley, Director: nriley@howardcountymd.gov

Rachel McCracken, Asst. Dir.: rmccracken@howardcountymd.gov



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:30 Coffee Talk 10:00 Exercise w/ Liz 11:00 Music w/ Charlie E 12:00 Lunch 12:45 Bingo <div style="text-align: right;">1</div>
Closed for Independence Day <div style="text-align: right;">4</div>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Jewelry Activity 12:00 Lunch 12:45 Exercise w/Liz <div style="text-align: right;">5</div>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Sing-a-long with Kay 12:00 Lunch 12:45 Tai Chi w/Dave <div style="text-align: right;">6</div>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Braiding Bread 12:00 Lunch 12:45 Exercise w/Liz <div style="text-align: right;">7</div>	9:30 Coffee Talk 10:00 Exercise w/ Liz 10:30 Birthday Recognitions 11:30 Good Old Days 12:00 Lunch 12:45 Bingo <div style="text-align: right;">8</div>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Ed 12:00 Lunch 12:45 Good Old Days <div style="text-align: right;">11</div>	9:30 Coffee Talk 10:00 Good Old Days 10:30 Food for Thought w/Nancy G 11:00 Mosaics 12:00 Lunch 12:45 Exercise w/Liz <div style="text-align: right;">12</div>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Music with Al 12:00 Lunch 12:45 Tai Chi w/Dave <div style="text-align: right;">13</div>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Art with a Purpose 12:00 Lunch 12:45 Exercise w/Liz <div style="text-align: right;">14</div>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Paws4Comfort 12:00 Lunch 12:45 Bingo <div style="text-align: right;">15</div>
9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music w/Tom 12:00 Lunch 12:45 Good Old Days <div style="text-align: right;">18</div>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Copper Tooling 12:00 Lunch 12:45 Exercise w/Liz <div style="text-align: right;">19</div>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Fair Games or Billiards 12:00 Lunch 12:45 Tai Chi w/ Dave <div style="text-align: right;">20</div>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Travel to Germany 12:00 Lunch 12:45 Exercise w/Liz <div style="text-align: right;">21</div>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:00 Music with Al 12:00 Lunch 12:45 Bingo <div style="text-align: right;">22</div>
Bob Evans Restaurant 9:30am – 1:30pm (410) 290-0004 <div style="text-align: right;">25</div>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Drumming with James 12:00 Lunch 12:45 Exercise w/Liz <div style="text-align: right;">26</div>	9:30 Coffee Talk 10:00 Good Old Days 11:00 BBQ and Bluegrass 12:00 Lunch 12:45 45 Tai Chi w/ Dave <div style="text-align: right;">27</div>	9:30 Coffee Talk 10:00 Good Old Days 11:00 Paws4Comfort 12:00 Lunch 12:45 Exercise w/Liz <div style="text-align: right;">28</div>	9:30 Coffee Talk 10:00 Exercise w/Liz 11:30 Good Old Days 12:00 Lunch 12:45 Bingo <div style="text-align: right;">29</div>

July Notes and News

Powerful Tools for Caregivers--a 6-week course teaching caregivers self-care tools, focusing on well-being Thursdays, September 8th to October 13th from 3:00pm-4:30pm.

North Laurel Community Center 9411 Whiskey Bottom Road, Laurel, MD 20723

Respite is available for all sessions. Please make requests for respite services when you register.

Register by contacting Kathy Wehr, Howard County Office on Aging, 410-313-5955 or

kwehr@howardcountymd.gov

Alzheimer's Walk Howard County Office on Aging and Independence has formed a team to participate in the walk to fight Alzheimer's on Saturday, September 24th at Centennial Park. We would love if you walked with us, but if you are unable to walk we would like you to consider donating to our efforts.

The link to our page is <http://act.alz.org/goto/HOCOAgings>

If you have any questions please contact:

Kathy Wehr, 410-313-5955, kwehr@howardcountymd.gov or

Miriam Bennett at mbennett@howardcountymd.gov

Happy Birthday Audie Lea and Bruce!

Important Dates and Reminders

Closings:

The Center will be closed on **Monday, July 4th** for Independence Day!

Outings:

Monday, July 25th Bob Evans Restaurant 9:30am - 1:30pm.

It is often cool in our rooms, so please dress appropriately and bring/wear a lightweight jacket or sweater.

Resource and Referral Information

Maryland Access Point, (MAP): Provides free information, assistance, and future planning for older adults and persons with disabilities. Contact them at 410-313-1234, 1-800-506-5806 or map@howardcountymd.gov.

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Inclement Weather Policy

When Howard County Schools are closed or delayed two hours, the Senior Center Plus Program is cancelled. When the public schools have a scheduled day off, please tune to WBAL-TV or contact the center at 410-313-7218 to hear a recorded message regarding center operations..

If you need this publication in an alternate format, call 410-313-7218.